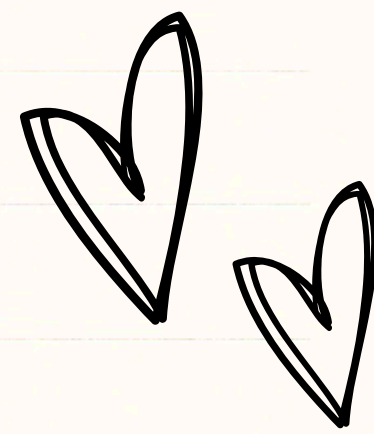




DAILY



AFFIRMATIONS

01



"I can always
ask for help."

LOVE

"I am loved just as I am."

#growth

"Mistakes help me
grow."

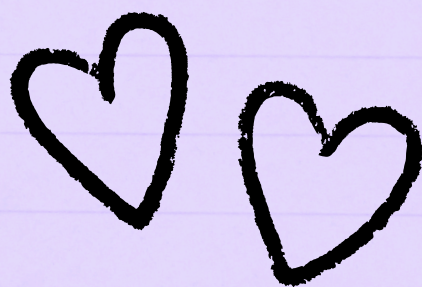
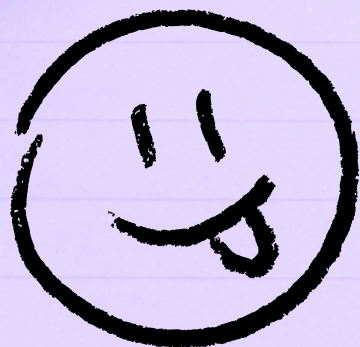
02

"My feelings
are
important."



03

"I believe in
myself."



"Every day is
a new
beginning."

